

SBRC Gym Schedule

JANUARY



		Monday	Tuesday	Wednesday		Thursday	Friday	Saturday		Sunday	
	6:00am		Open Gym			Open Gym		•			
7:30am Open Gym 6:30-7:30 Open Gym 6:00-8:00 Complete Conditioning 7:30-8:30 Open Gym Fisher State Support Supertots Support S	6:30am		Bootcamp			Bootcamp					
8:00am 8:00am 8:00-8:00 Conditioning 7:30-8:30 Drop-in Total Body Fit 8:50-9:50 Setup 9:30-11:30 Drop-in Total Body Fit 8:50-9:50 Setup Body Fit 8:50-9:50 Gymna Stics Open Gym 10:00-11:30 Drop-in Stics Open Gym 11:30-1:30 Drop-in Stics Open Gym 12:00-1:00 Drop-in Stics Open Gym 12:00-1:00 Drop-in Sprts Conditioning 12:00-1:00 Drop-in Sprts Conditioning 12:00-1:00 Drop-in Sprts Conditioning Basketball 1:30-3:30 Drop-in Sprts Conditioning 12:00-1:00 Drop-in Sprts Conditioning Drop-in Sprts Conditioning 12:00-1:00 Drop-in Sprts Conditioning Drop-in Sprts Conditioning 12:00-1:00 Drop-in Sprts Conditioning Drop-in Dro	7:00am	Open Gym	6:30-7:30			6:30-7:30	Open Gym	12.0	0-1.30		
School S	7:30am	6:00-8:00	_			•	6:00-9:00				
3:30am 9:00am Setup 9:30-17 total Body Fit 8:50-9:50 Setup 8:50-9:50 Setup 8:50-9:50 Setup Sody Fit 8:30-9:30 Basketball 10:00am 10:00-11:30 Drop-in Sprts Conditioning 12:00-1:00 11:30pm 1:00-4:00 Drop-in Sprts Conditioning 12:00-1:00 1:30pm 1:00-4:00 Drop-in Sprts Conditioning 12:00-1:00 1:30-3:30 Drop-in Sprts Conditioning 12:00-1:00 1:30-3:30 Drop-in Sprts Conditioning 12:00-1:00 1:30-3:30 Drop-in Sprts Conditioning 12:00-1:00 Drop-in Sprts Conditioning 12:00-1:00 1:30-1:30 Drop-in Sprts Conditioning 12:00-1:00 Drop-in Sprts Condit	8:00am		_			•		Opei	n Gym		
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9:30am Gym Jam 9:30-11:30 Open Gym 11:00am 11:30am 11:30am Open Gym 12:00-11:30 Open Gym 12:00-1:00 Open Gym Open Gym 12:00-1:00 Open Gym 12:0	9:00am	Setup	•			•	Setup			-	
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11:00am	10:30am	9:30-11:30									
11:30am Cleanup Drop-in Adult Drop-in Sprts Conditioning 12:00-1:00 Basketball 12:00-1:00 11:30-1:30 Drop-in Sprts Conditioning 12:00-1:00 11:30-1:30 Drop-in Sprts Conditioning 12:00-1:00 11:30-1:30 Drop-in Sprts Conditioning 12:00-1:00 12:00-5:00* 12:00-5:00* 12:00-5:00* 12:00-5:00* 12:00-5:00* 12:00-5:00* 12:00-3:00 Drop-in Pickleball 1:30-3:30 Drop-in Starts 1/19 Drop-in	11:00am		10.00-11.50							Open Gym	
12:00pm	11:30am	Cleanup	Drop-in	Open Gym		Drop-in	Cleanup			11:00-12:00	
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